

Fall Into Fitness!!

10-Session Exercise Program

For individuals with developmental disabilities

Columbia Elementary Gym

Tuesdays & Thursdays, 6:30pm-7:30pm



October 13 – November 12

Cost \$20.00



Join this 10-class exercise program led by a trained aerobics instructor to keep in shape for the upcoming winter sports season or to shed a few pounds before the holidays!



Call or come by the Parks & Recreation office (1350 McKittrick St.) to sign up! Registration and payment is required by October 9th to participate.

For more information call the Parks & Recreation Department at 888-3284.

